

Treatment Fidelity

Co~Chairs ...

Al Bellg, Appleton Cardiology Associates (via Rush Presbyterian/IIT)
Belinda Borrelli, The Miriam Hospital/Brown Medical School
Susan Czajkowski, NIH/NHLBI

Key Members ...

Rosemary Breger, Oregon Health & Science University; **Carol DeFrancesco**, Oregon Health & Science University; **Denise Ernst**, University of New Mexico (OHSU); **Chantal Levesque**, Southwest Missouri State University (Rochester); **Daryl Minicucci**, University of Rochester; **Gbenga Ogedegbe**, Cornell University; **Denise Orwig**, University of Maryland; **Marcia Ory**, Texas A&M University System (NIH/NIA); **Barbara Resnick**, University of Maryland; **Deborah Sepinwall**, Ph.D., Brown Medical School

Mission ...

The mission of the workgroup is to advance the definition, methodology, and measurement of treatment fidelity both within the BCC and, more generally, for the field of health behavior change.

Specific Aims ...

- [•] Develop new recommendations for enhancing treatment fidelity and increase the relevance of treatment fidelity for health behavior change studies.
- [•] Create a list of best practices for enhancing in treatment fidelity.
- [•] Review and quantify the inclusion of treatment fidelity practices in health behavior change studies across a 10-year time span from a variety of psychology and medical journals.

Major Highlights ...

- [•] Received supplement from NHLBI (\$114,000; B. Borrelli, PI) for treatment fidelity activities.
- [•] Manuscript, entitled "Enhancing Treatment Fidelity in Health Behavior Change Studies: Best Practices and Recommendations from the Behavioral Change Consortium," accepted for publication in *Health Psychology*.
- [•] SBM Seminar Presentation, March 2003: "Building Treatment Fidelity Into Health Behavior Change Research: Lessons Learned and Best Practice Guideline from the Behavior Change Consortium.
- [•] SBM Seminar Presentation, April 2002: "Enhancing Treatment Fidelity in Health Behavior Change Studies: Best Practices from the Behavior Change Consortium."
- [•] Inclusion of detailed treatment fidelity plans in grants written by Treatment Fidelity workgroup members for their research pursuits. These grants have been funded and treatment fidelity plans were highlighted as a particular strength of the grants.

Collaborative Strategies ...

- [•] Conference calls 1-2 times per month to discuss issues and troubleshoot difficulties on the various treatment fidelity projects.
- [•] E-mail communication.
- [•] Personal calls to particular workgroup members to follow-up on issues.
- [•] Workgroup time at the BCC to discuss macro-level issues.

Future Directions ...

Continuing to code health behavior change articles as part of journal review, with ultimate goal of summarizing data pertaining to the state of treatment fidelity in top journals that publish health behavior change studies. Our goal is to have our second manuscript submitted by Fall, 2003

Suggested Cross-Site Activities ...

- [•] Compiling a user-friendly guide for researchers to identify treatment fidelity strategies which they may want to incorporate into their studies.
- [•] Additional seminars and presentations to increase exposure to treatment fidelity practices in order to facilitate grant and manuscript development and to encourage that these practices become standard review criteria.